

Priority Theme Altogether Healthier

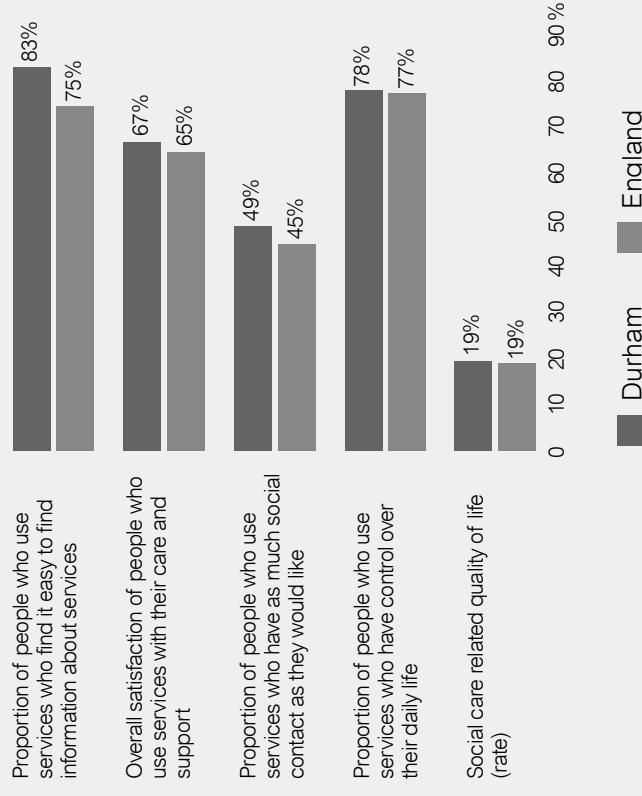
The Altogether Healthier theme is about improving the health and wellbeing of our communities. The vision we share with our partners is to 'improve the health and wellbeing of the people of County Durham and reduce health inequalities', using an evidence base which provides a detailed overview of the current and future health and wellbeing needs of the people of County Durham (Joint Strategic Needs Assessment). Central to this vision is the fact that decisions about the services provided to service users, carers and patients should be made as locally as possible, involving the people who use them.

Achievements 2015-2016

- The County Durham Health and Wellbeing Board, which promotes integrated working between commissioners of health services, public health and social care and includes representatives from the council and health services was shortlisted for a national award for its effectiveness.
- Survey results show that service users and carers in the county were more satisfied with the care and support services they received than the national average (Figure H1).
- The number of people whose discharge from hospital was delayed is lower in County Durham than nationally and regionally.
- County Durham was selected as a national pilot site for a diabetes prevention programme. The programme is led by Public Health in partnership with Clinical Commissioning Groups and is one of only seven in the country.
- We launched an online directory of care and support services called LOCATE, which provides local people with details of available services and information.
- Joint Consett Academy and Leisure Centre opened.
- Pearl Izumi Tour Service cycle race attracted 12,500 spectators to Durham City contributing almost £300,000 to the local economy.

Figure H1.

Department of Health National Adult Care Survey of social care users 2014/5 ¹



¹ ASCOF Measures and Benchmarking Data (2014-2015 final release)

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Issues to address

- The average life expectancy for males is 78.0 years and for females is 81.3 years (Figure H3). Both are below the England average of 79.4 for males and 83.1 for females. This links to our overall vision to improve the health and wellbeing of the people in County Durham.
- The mortality rate for cardiovascular disease (88.8 per 100,000 population aged under 75) is higher than England (78.2) but has been falling over time (2011-13). This needs to be addressed in partnership with the NHS through health checks and other programmes.
- The mortality rate for cancer (166.6 per 100,000 population aged under 75) has seen a small increase in 2011-13 and is higher than the England average (144.4).
- More people in County Durham continue to engage in unhealthy lifestyle behaviours when compared to England. Smoking prevalence in the county (22.7% in 2013) is worse than the England average of 18.4%, indicating that we need to continue to work in partnership with other agencies to encourage users to stop smoking and to monitor the success of our initiatives.
- We need to undertake more work with partners to reduce alcohol consumption, as the rate for alcohol-specific admissions to hospital for adults in 2013/14 was 788 per 100,000 population, which is worse than the England average of 645.
- Mental health improvements and suicide prevention are key priorities for the county, particularly as suicide rates in County Durham are higher than the national average.
- We need to improve support to carers to help them maintain their own mental and physical wellbeing which plays a vital role in allowing them to continue with their caring responsibilities, as well as helping the people they care for to maintain their independence.

- County Durham has 32.1% of adults completely inactive and 44.5% failing to achieve the Chief Medical Officer's recommendations. There is clear evidence to show that physical inactivity is one of the root causes of diabetes, cardiovascular disease, cancers, and many other conditions. A framework to drive forward physical activity in the county is being established.
- Between 2001 and 2014 the county has seen a gradual fall in the 0-17 age group. There has been a continuing rise in its older population, with the largest percentage increase seen in those aged 85 and over (Figure H2).

Figure H2.

% change since 2001 in the main age groups in County Durham



Key Facts and Figures

Figure H3.

Life expectancy in years in County Durham

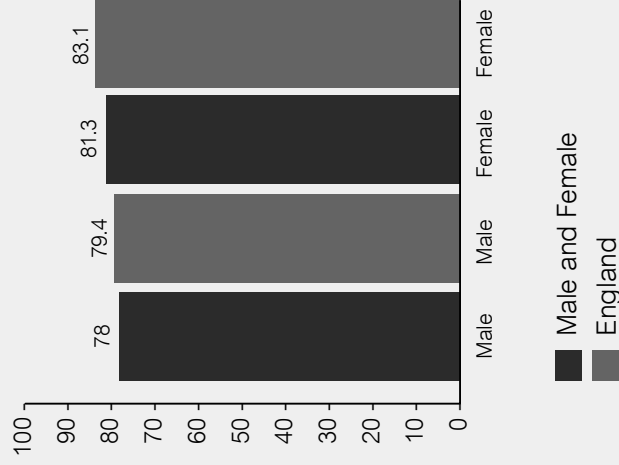
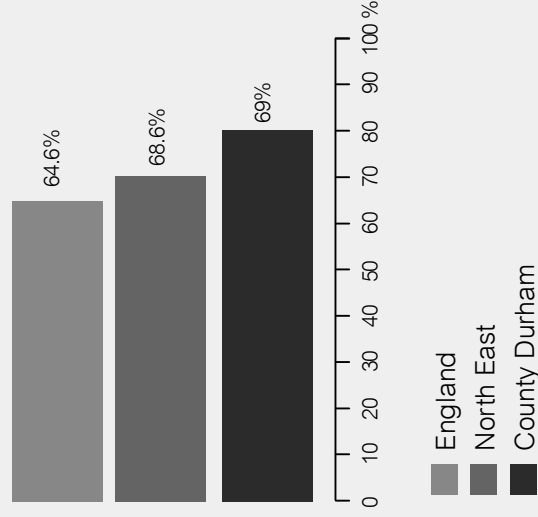
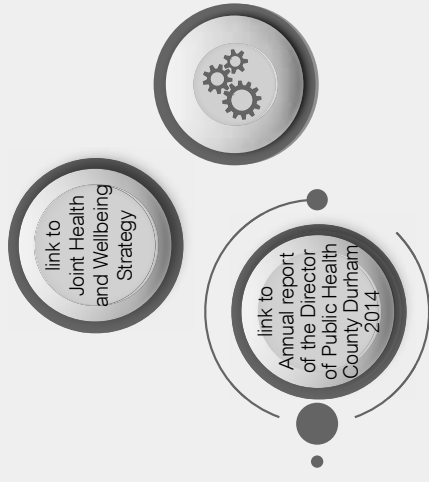


Figure H4.

Adult (over 16) levels of excess weight (December 2014) ²



² Active People Survey 2012-14. Excess weight includes adults who are overweight and obese.



1 in 5 people in County Durham are aged 65 and by 2030 this will increase to 1 in 4 people

35,000 contacts for care, information and advice were received by ending 30 November 2015

12,659 carers registered with Durham County Carers Support

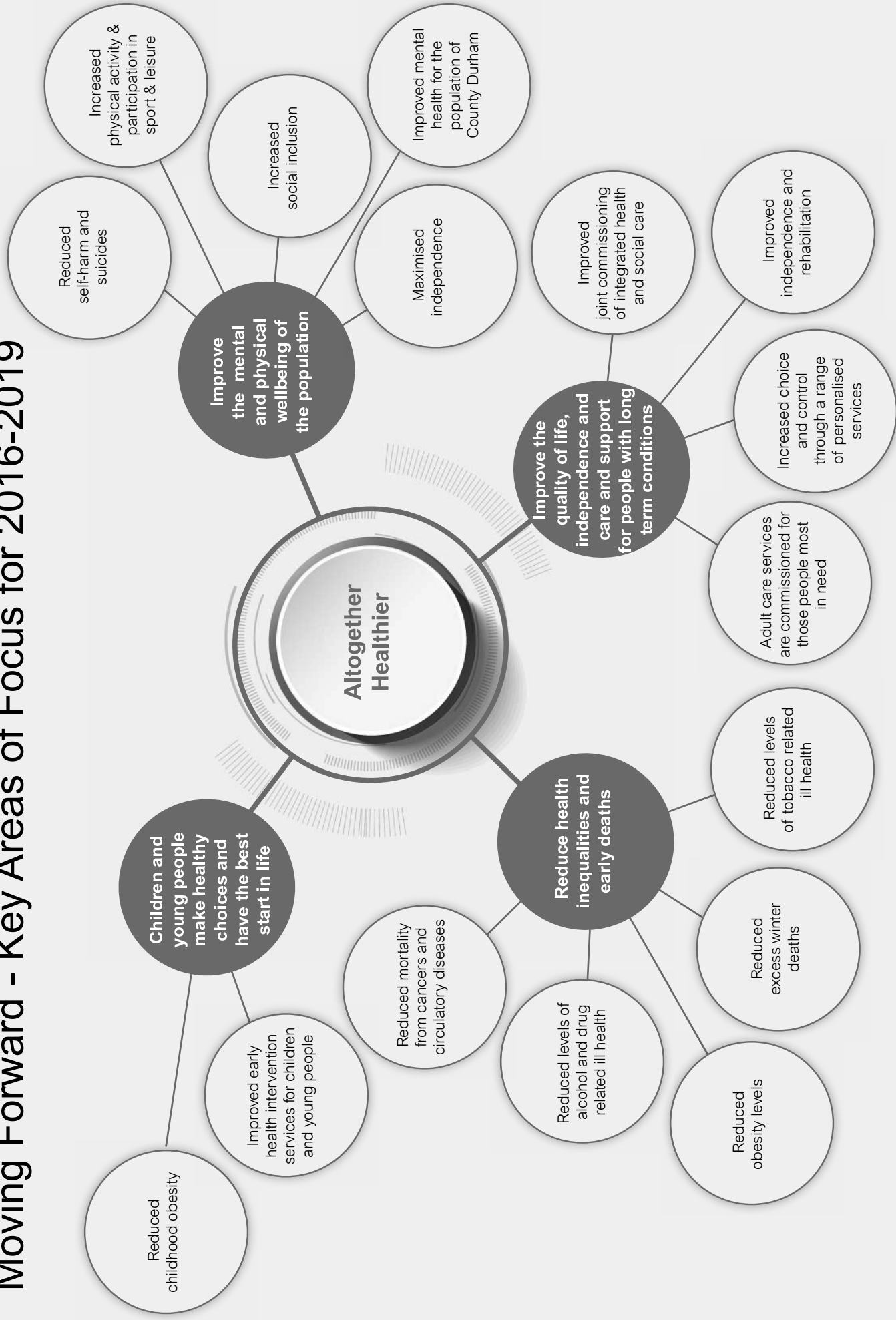
381 per 100,000 population smoking related deaths in the county. This compares to 289 for the England average

23% smoking prevalence in County Durham in 2013. This is compared to the England rate of 64.6%

6,600 estimated number of people in County Durham aged 65+ with dementia. This number will almost double between 2011 and 2030

100,000 estimated number of adults who will experience mental health problems at any one time in County Durham

Moving Forward - Key Areas of Focus for 2016-2019



Moving Forward - Key Areas of Focus for 2016-2019

<p>Objective 1 Children and young people make healthy choices and have the best start in life</p> <p>Reduced childhood obesity We will:</p> <ul style="list-style-type: none"> • Support women to start and continue to breastfeed their babies. • Review the Family Initiative supporting Children's Health to reduce childhood obesity. <p>Improved early health intervention services for children and young people We will:</p> <ul style="list-style-type: none"> • Work proactively with families to improve oral health by aiming to increase dental registrations and reduce tooth decay. • Deliver an integrated service for 0-19 year olds to ensure that we provide mandated services and also enhanced services for vulnerable populations. 	<p>Objective 2 Reduce health inequalities and early deaths</p> <p>Reduced mortality from cancers and circulatory diseases We will:</p> <ul style="list-style-type: none"> • Deliver a targeted approach to the Health Check programme to improve the quality and increase coverage. • Improve links with housing providers as part of the Wellbeing for Life Service. <p>Reduced levels of alcohol and drug related ill health We will:</p> <ul style="list-style-type: none"> • Undertake a number of initiatives with partners to reduce health inequalities. • Raise awareness amongst our staff of the dangers of alcohol and substance misuse • Provide specific targeted training and education to support individuals, professionals, communities and families to address the harm caused by drugs. <p>Reduced obesity levels We will:</p> <ul style="list-style-type: none"> • Undertake projects such as cooking courses and school food growing clubs to raise awareness of healthy eating. • Work collaboratively with the Clinical Commissioning Groups in County Durham on the diabetes prevention programme. <p>Reduced excess winter deaths We will ensure that vulnerable people receive the necessary advice, guidance and support to allow them to maintain independence during the winter period.</p> <p>Reduced levels of tobacco related ill health We will</p> <ul style="list-style-type: none"> • Work with our partners to reduce smoking prevalence in County Durham. • Roll out a new targeted Stop Smoking Service 	<p>Objective 3 Improve the quality of life, independence and care and support for people with long term conditions</p> <p>Adult care services are commissioned for those people most in need We will:</p> <ul style="list-style-type: none"> • Redesign the delivery of adult social care services to ensure that they meet the requirements of the Care Act by improving the skills mix in front line teams. • Improve health outcomes and quality of life for people with learning disabilities and/or autism by ensuring that more services are provided in the community and closer to home. <p>Increased choice and control through a range of personalised services We will:</p> <ul style="list-style-type: none"> • Further develop the functionality of LOCATE, the online directory of care and support services to support greater self-service of needs. • Provide better support to people with caring responsibilities by increasing access to personal budgets for carers. <p>Improved independence and rehabilitation We will ensure that the Intermediate Care, Plus service, a care service for adults at home or in care will be effectively managed and monitored.</p> <p>Improved joint commissioning of integrated health and social care We will develop with partners a vision and new model of integration for County Durham.</p>	<p>Objective 4 Improve the mental and physical wellbeing of the population</p> <p>Maximised independence We will review our provision for those people with dementia, looking at opportunities for promoting awareness, prevention and the benefits of a healthy lifestyle; and the introduction of dementia cafés.</p> <p>Improved mental health for the population of County Durham We will work with partners to develop and improve mental health services covering all ages across the county.</p> <p>Increased social inclusion We will provide volunteering and community health development opportunities for groups and individuals through the Wellbeing for Life Service.</p> <p>Reduced self-harm and suicides We will work with partners to improve mental health in County Durham and address the priority areas including suicide prevention, stigma and discrimination and recovery.</p> <p>Increased physical activity and participation in sport and leisure We will:</p> <ul style="list-style-type: none"> • Define and develop service provision through a new culture and sport offer • Develop a physical activity framework to drive forward physical activity in County Durham.
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